

BLOOM @ BARR ST - 13 OCTOBER 2018

INSIDE	
10:00am - 10:30am	<p>Jillian Exton <i>Living 'Toxic Chemical Free'</i> What's the hype and how hard is it to reduce your chemical burden? A resource that came to life after a cancer adventure to assist those living their 'a ha moment' continues to empower.</p>
11:00am - 11:30am	<p>Annie Clark <i>The Body Factory and the Essentials for Life</i> - Discover the journey of our food and the many layers of digestion. How our reactions and emotions tie in with our experience of life and health - all of this goes together.</p>
12:00pm - 12:30pm	<p>Janette & Alan <i>Living a Conscious Lifestyle for Optimal Health</i> Janette and Alan will share a positive message of truth and hope from the experiences and knowledge that they have gained through living consciously, so that others may make their own informed lifestyle choices that will make a difference.</p>
1:00pm - 1:30pm	<p>Dr Greg Emerson <i>How the 2 most important hormones in your body- melatonin and leptin are the missing links in weight loss and energy production.</i> Learn how the ancient mystical dance between the sun and your mitochondria are the key to unlocking these secrets.</p>
2:00pm - 2:30pm	<p>Meah Robertson <i>Women's Health & Hormonal Balancing</i> - How to restore hormonal balance with a holistic approach incorporating, mind, body and environment.</p>
3:00pm - 3:30pm	<p>Isiah Mckimmie <i>Awakening Intimacy & Desire</i> How to keep your relationship sexy, passionate and playful over the long-term. What keeps relationships fun, passionate and intimate? How can we deepen our connection and intimacy with a partner?</p>

ON THE VERANDAH	
9:00am - 10:00am	<p>Nicole Gibson <i>Switch up you Sweets</i> Learn wholefood hacks to ditch the dairy, gluten and additive laden commercial confectionary in favour of genuinely delicious recipes you can make quickly and easily at home.</p>
10:30am - 11:30am	<p>The Real Foodies <i>Going Gluten Free: Healthy Hemp Breakfasts</i> - Supercharge your morning meal with hemp & discover the magic behind this ancient super food. Featuring gluten free & plant-based demonstrations, take-home recipes, nutritional workshop, & samples.</p>
12:00pm - 1:00pm	<p>Lorien Waldron <i>Simple Ayurveda in the Kitchen</i> Join Ayurvedic Diet & Lifestyle Consultant and Author, Lorien Waldron for an inspiring, practical and fun Ayurvedic wholefood cooking demonstration to get a taste (literally!) of the power of healing wholefoods and spices to aid digestion and boost the bodies immune system.</p>
1:30pm - 2:30pm	<p>Liz Richards <i>From processed to plant based - your intro to healthier treats</i> Join Liz from Simple Nourishment as she shares simple ways in which we can transition or swap processed package snacks for healthier 'damn delicious' treats!</p>
3:00pm - 4:00pm	<p>Claire Desat <i>Quick, easy & healthy food made in the Thermomix</i> Come and see how easy it is to use and make healthy food quickly using no preservatives, artificial colours, favours or additives. Claire will make bliss balls, nut butter, fresh bread dough & super quick beetroot salad.</p>

BLOOM @ BARR ST - 14 OCTOBER 2018

INSIDE	
10:00am - 10:30am	<p>Christiane Wagner <i>Nutrition fights Depression & Anxiety</i> - How nutrition can improve symptoms of depression & anxiety. Knowledge is the key foundation of health and getting back to be happy. Don't deplete your happy hormones by mistake.</p>
11:00am - 11:30am	<p>Dr Greg Emerson <i>How the 2 most important hormones in your body- melatonin and leptin are the missing links in weight loss and energy production.</i> Learn how the ancient mystical dance between the sun and your mitochondria are the key to unlocking these secrets.</p>
12:00am - 12:30pm	<p>Amanda Lee <i>Squeezing Life Out of Every Moment</i> - sharing practical tips to ensure you keep your staying-power for the journey and equip you for making the most of every experience: challenge or success so you can squeeze every drop of good stuff out of life.</p>
1:00pm - 1:30pm	<p>Therese Kerr <i>Nurturing your skin naturally</i> Learn how chemicals are leading to an increased rate of endometriosis, PCOS, infertility, weight gain, skin conditions, hashimoto's & negatively impacting hormonal health. You will be left educated & empowered with take home solutions in this powerful presentation.</p>
2:00pm - 2:30pm	<p>Jo Ettles <i>Dear Self, Today you will SHINE!</i> To celebrate the release of her 3rd book PROJECT SHINE, Jo invites everyone; especially women and teenagers to focus on building self-esteem levels reclaim self-worth and make self-love and self-care a daily habit.</p>
3:00pm - 3:30pm	<p>Jean Thomas <i>Are you living your life with purpose?</i> Have you ever wondered what that is like? Meet award-winning conversationalist Jean Thomas to find out how.</p>

ON THE VERANDAH	
9:00am - 10:00am	<p>The Fermented Kitchen <i>Bringing the Gut back into Balance</i> Join Kristy & Jacob for an insight into "gut loving" probiotic-rich fermented foods & drinks that bring the gut back into balance & support a healthy immune system.</p>
10:30am - 11:30am	<p>Thrmomix with Mandy Stone Join the world's largest online culinary community. Whether you are trying, buying or already an owner, Thermomix provides endless meal options & inspiration.</p>
12:00pm - 1:00pm	<p>Liz Richards <i>From processed to plant based - your intro to healthier treats</i> Join Liz from Simple Nourishment as she shares simple ways in which we can transition or swap processed package snacks for healthier 'damn delicious' treats!</p>
1:30pm - 2:30pm	<p>The Real Foodies <i>Going Gluten Free: Simple Sauces</i> Learn how to create your own gluten-free sweet and savoury sauces, toppings, dips & spreads, using real food ingredients. Featuring gluten free & plant-based demonstrations, take-home recipes, nutritional workshop, and tasters.</p>
3:00pm - 4:00pm	<p>Catherine Pacey Join a short hands on fun and an engaging workshop with qualified chef Catherine Pacey.</p>



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 PHARMACY & HEALTHFOODS

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